

Stopping Falls

The risk of falls can be reduced or eliminated by careful planning, *training prior to performing work*, providing appropriate safety equipment, enforcing safe work practices, following the Cal/OSHA regulations, and close supervision. *Always follow all manufacturer's recommendations and specifications for the use, maintenance, inspection, and storage of Fall Protection Equipment.* Check to make sure that students and young workers understand the training and can demonstrate how to work safely with Fall Protection Equipment.



Personal Fall Arrest Systems arrest falls from the working level and consist of a horizontal life line secured to the back and above the person's waist to a harness. The system prevents falling more than 6 ft. to avoid hitting lower surfaces. Each person must be attached to their own lifeline with only one person on each lifeline. The anchorage point must be able to support at least 5000 pounds per employee. Lanyards and lifelines should have a breaking strength of 5000 pounds. It must be designed, installed, and used under the supervision of a qualified person. Make sure and carefully inspect all parts of the system for damage, worn out sections, and parts to be replaced. Use only equipment that meets the American National Standard Institute safety requirements (ANSI/ASSE Z359.1 - 1992 R1999).

You must develop and train students and young workers on a rescue plan in the event of a fall as per T8CCR 1670(b)(14) (www.dir.ca.gov/title8/1670.html).

Positioning Devices are a system of ropes and body harnesses that allow individuals to have free hands and be able to do work. They do not allow a fall of more than 2 feet. They limit the maximum force on the individual from the fall to 900 pounds. The anchorage point must be capable of supporting two times the intended load or 3000 pounds, whichever is greater. The system has to be inspected each time before it is used. Malfunctioning or damaged components must be replaced.



Personal Fall Restraint Systems are composed of body belts or harnesses attached to a life-line. The anchorage point base must support four times the intended load and be rigged to allow the movement of the employee only as far as the edges of the working area.



Use Approved Safety Nets on working heights of 25 feet or more, when the use of Personal Fall Protection or more conventional types of protection is not practical. The nets must be tested before use.



- The safety nets on the inside or outside of structures must extend at least 8 feet horizontally from the perimeter and be not further than 10 feet vertically below where the fall hazards exist , or
- Equivalent protection from safety nets shall extend outward from the outermost projection of the work surface from 8 to 13 ft. beyond the structure you are working depending on the height of the work being performed.

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